

MIDWIVES AND MOTHERS IN ACTION (MAMA) CAMPAIGN



State-Directed Study Demonstrates Significant Cost-Savings & Improved Outcomes With the Care of Certified Professional Midwives (CPM)

Midwifery Licensure and Discipline Program in Washington State: Economic Costs and Benefits¹

Cost Savings with CPM Care Demonstrated by Washington State data:

- **Total savings to WA Medicaid are approximately \$1.6 million per year** when facility fees and reductions in costly medical procedures achieved by CPM care are factored in
- **At least \$236,000 per year** in savings to Medicaid when women give birth at home or in free-standing birth centers in the care of CPMs – a very conservative estimate **reflecting only cesarean section reduction**
- **Combined (public and private insurer) savings** to the health care system for cesarean reduction alone are an estimated **\$1.35 million per year**
- **Cost savings to Washington State** from the care of CPMs is approximately **10 times the cost of administering the state licensing program**
- **Cost savings achieved** with CPMs attending **just under 2% of the births** in the study period
- Subsequent analysis by Washington State shows **\$3939 savings per out-of-hospital birth**

Improved Outcomes for Women and Infants with CPM Care Demonstrated:

- Significantly **lower cesarean section rates** with the care of CPMs
- Significantly **fewer low-birth weight babies and babies born prematurely** with the care of CPMs, all indicators for improved outcomes, especially for vulnerable populations
- Significantly **higher breast-feeding rates** with the care of CPMs, with the accompanying demonstrated health benefits for mothers and infants extending throughout lifetimes
- Improved outcomes achieved with rates of intrapartum and neonatal mortality comparable to low-risk hospital births

The Study:

- Commissioned by the Washington State legislature to determine whether the costs of administering the state's midwife licensing program are offset by economic benefits of the care provided by CPMs
- Conducted by Health Management Associates under contract by the WA State Department of Health
- Includes all costs associated with CPM care, including those associated with hospital transfers when necessary
- Team included a health economist, physician, obstetric nurse, public health professional, and other experts
- HMA used the Department of Health's First Steps Database of Medicaid claims and other healthcare economic indicators, as well as a thorough literature review, to perform the study and establish its conclusions

¹ "Midwifery Licensure and Discipline Program in Washington State: Economic Costs and Benefits" – http://www.washingtonmidwives.org/assets/Midwifery_Cost_Study_10-31-07.pdf

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CERTIFIED PROFESSIONAL MIDWIVES: FREQUENTLY ASKED QUESTIONS



Q: Who are Certified Professional Midwives (CPMs)?

A: Certified Professional Midwives (CPMs) are nationally credentialed midwives who provide primary maternity care. CPMs are:

- Trained to provide health-promoting and preventive care that is evidence-based, incorporates best practices and avoids overuse of drugs and interventions
- The only maternity care providers specifically trained to attend births outside the hospital
- Independent practitioners who have met the standards for certification set by the North American Registry of Midwives (NARM)
- Licensed to practice in 23 states
- A rapidly growing segment of the midwifery profession in the U.S. today

Q: What kind of care is provided by Certified Professional Midwives?

A: Certified Professional Midwives (CPMs) provide thorough care throughout the prenatal, delivery and postnatal stages of childbearing to women who are healthy and experiencing a normal pregnancy. The Certified Professional Midwife:

- Monitors the physical, psychological and social well-being of the mother throughout the childbearing cycle
- Provides the mother with individualized education and counseling that emphasizes health promotion and the prevention of pregnancy problems
- Provides hands-on assistance during labor and delivery, and postpartum support
- Identifies and refers the few women who need obstetrical attention

This kind of care results in healthy outcomes for mothers, babies and families, with high rates of full term, full weight babies and breastfeeding.

Q: Is the Certified Professional Midwife Credential nationally recognized?

A: Yes. The Certified Professional Midwife credential was established in 1994 and is accredited by the National Commission for Certifying Agencies (NCCA), the same agency that accredits the Certified Nurse-Midwife. The NCCA is the accrediting body of the National Organization for Competency Assurance (NOCA).

Q: How are Certified Professional Midwives trained and credentialed?

A: CPMs are trained in a variety of settings under the supervision of qualified instructors. Using a competency based system to validate multiple routes of midwifery education, their training and education may occur in a classroom, private practice, or clinical setting but must include a minimum number of types of clinical experiences, including out-of-hospital births. Knowledge and skills are evaluated by qualified instructors. The education and training process generally takes 3 to 5 years to complete.

- The CPM credentialing process is administered by the North American Registry of Midwives (NARM)
- Detailed requirements for knowledge, skills, abilities and experience are defined by the NARM Job Analyses, following the standards set by the NCCA
- All Certified Professional Midwives must meet the same requirements
- The final step in the certification process is national testing, which includes a hands-on Skills Assessment and an 8-hour Written Examination

Q: What is the difference between Certified Professional Midwives and Certified Nurse Midwives?

A: Certified Professional Midwives are the only nationally credentialed midwives specifically trained in out-of-hospital birth, and offer services at home and in birth centers. The education of the Certified Professional Midwife is designed for care provided to women in pregnancy, childbirth, and the postpartum periods. Certified Professional Midwives are